

Norman Park Center

September/October '06

FASHION SHOW

Thursday, Sept. 28th 1:00 pm

Come see our Fall Fashion Show! Possibilities is providing the clothes. Proceeds from the clothing sales will go to United Way.

Refreshments will be served.

WALKING TOWARDS FITNESS

Monday s and Wednesday s September 27th - November 20th

9:00 am - 10:00 am

Come and join the fun as we walk towards fitness at the beautiful J Street Marina. This 8 week outdoor fitness class is offered Mondays and Wednesdays, for one hour. Our instructors will motivate you as you increase your stamina and energy levels. This class will enhance your longevity, independence and mobility as you step one place closer to your fitness goals.

- Students will learn how to use pedometers.
- Minimum requirements: Must be able to walk non-stop for 10 min.
- Class size is limited, sign up in advance Fee: \$16.00

Supported by a grant from Scripps Health.

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ROHR PARK PICNIC

Thursday, Oct. 12th 11 am - 1 pm

Join us for a picnic in Rohr Park. The picnic cost is \$3.00 and includes lunch from The BBQ Pit and music. Bus transportation will be provided from Norman Park for an additional cost TBA.

Sign up in the office beginning Sept. 18th. Picnic is limited to 100 participants.

PREVIEW SHOPPING DAY AT MACY'S IN OTAY RANCH

Tuesday, Oct 24th 10 am - 10 pm

Buy a \$10 ticket and all the proceeds go to Life Options South Bay. Enjoy special events, product sampling, entertainment and more. Your ticket entitles you to a sneak preview of the new Otay Ranch store plus a 10%-20% discount off almost everything.





Special Notices



www.LifeOptionsSouthBay.com



Directions & Connections for People Over 50

Visit Life Options Annex at
Norman Park Center
270 F St., Chula Vista
(619)691-9774
Mon, Tue & Thu
9 am-3 pm

A place to find information and opportunities for those over 50 looking for an active and rewarding retirement.

- Education & Learning
- Civic Engagement
- Second Career Training
- Health & Fitness
- Recreation & Travel
- Employment Opportunities

Successful Aging and You: Live Long, Live Well

These programs will be held at the Chula Vista Civic Center Library, 365 F Street, in Chula Vista. Advance registration is advised.

For further information call:
Life Options South Bay, (619) 691-9774.

The Lawyer in Blue Jeans Jeff Isaac

Saturday, Sept. 9 10:30 am

Knowledge is Power! Attorney Jeff Isaac The Lawyer in Blue Jeans will address legal issues such as living trusts versus wills so you can make an informed decision on which works best for you. A brief question and answer period will follow the presentation and light refreshments will be served. Attend this fun and informative workshop and you will be eligible for dinner at the Old Town Mexican Café.

Acting Workshop, You Are the Star!

Saturday, Oct. 21 10:30 am

Life is a stage and you are the star! Join us for this 2-hour workshop that will encourage audience participation as well as inform you as to where you can take classes and become involved with local stage productions.

Hobo Soup Luncheon!

Thursday, Sept. 14th 12:00 pm

Please plan on joining us for a great tasting soup lunch with dessert! The cost is one can of your favorite soup! Please bring your can of soup in by Wed. Sept. 13th.

**The Norman Park center
will be Closed**

Monday, Sept. 4th

**In observance of
Labor Day!**

Cha Cha & Rumba Dance Lessons!

Hosted by the Calico Twirlers

Fridays, Beginning Sept. 8th 6:30-8:00 pm

Everyone is welcome to attend, partners preferred.
Singles - please come and see if there is someone who will be your partner. Instructor is Bill Hale Cost: \$5.00



Classic Films Series

Wed. Sept. 6th 1:00 pm - Come see Tyrone Power, Gene Tierney, Clifton Webb, and Anne Baxter in this 1946 film that comes from a favorite novel written by W. Somerset Maugham. It's a provoking film!

Wed. Oct. 4th 1:00 pm - Get a head start on Halloween with this 1935 film in which the Frankenstein monster gets a bride. This film stars Boris Karloff and Elsa Lanchester.



Special Notices



FUN TO BE FIT

Earn a free T-Shirt!

Pick up your Fun to Be Fit card at the Norman Park Center office, and a list of classes that qualify for a stamp. Once you've attended 50 Classes, you will be eligible to receive a free, Fun to Be Fit T-Shirt. Bring your completed card to the office!

MEN'S GROUP & LUNCH

Monday, Sept. 11th 12:00 pm
Monday, Oct. 9th 12:00 pm



The Men's Group in Sept. & Oct. will discuss men's health and social issues. This group is led by Dr. Rosenblatt and 3rd year family Medicine Resident, Dan Johnson.

Lunch will be served. Please register for this monthly activity at 691-5086. Scripps Mercy Hospital of Chula Vista is providing the physician and lunch.



DEPRESSION IN OLDER ADULTS:

Signs, Symptoms & Treatment

Monday, Oct. 30th 10 am - 11 am

Depression is NOT a normal part of aging. It is a medical condition that can and should be treated at any age. Depression is more than just the blues, it differs from normal sadness in intensity, duration, and how much it interferes with your life. Learn how to recognize depression in older adults and how to treat, as well as prevent it. Attend this informative presentation and learn the many possible causes for depression. Facilitated by a local Scripps Health Care Professional and supported by a grant from Scripps Health.

Refreshments will be served, please call 691-5086 to register.



Receive the Newsletter at Home **By Mail:** \$7.00 per year.

Please make your check out to the City of Chula Vista.

By Internet: Life Options Web Site www.lifeoptionsouthbay.com

OUT 2 LUNCH BUNCH

Wednesday, Sept. 13th & Oct. 11th

1:15 pm



This group emphasizes making new friends and socializing. Join us on the 2nd Wednesday of each month. In September we'll be having lunch at D'lish in Terra Nova Shopping Center. Please call Shani at 691-5086 to register.

FLU SHOTS

Friday, Oct. 27th 8:30 am - 12:00 pm

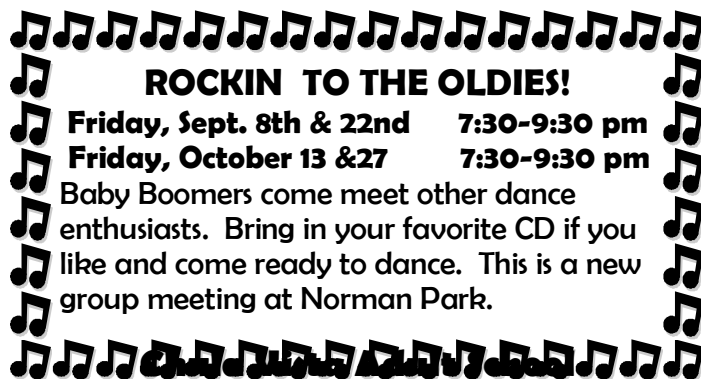
Scripps Mercy Hospital of Chula Vista will be providing the flu shots this year. Fee: \$5.00

BILLIARDS TOURNAMENT 12:00 pm

Thursday, Sept. 28

Thursday, Oct. 26th

The sign up sheet is in the Pool Room.



ROCKIN' TO THE OLDIES!

Friday, Sept. 8th & 22nd 7:30-9:30 pm

Friday, October 13 & 27 7:30-9:30 pm

Baby Boomers come meet other dance enthusiasts. Bring in your favorite CD if you like and come ready to dance. This is a new group meeting at Norman Park.

CIRCUIT TRAINING CLASS BEGINS SEPT. 6th

In the Norman Park Fitness Center

Monday and Wednesday 9:15-9:45 am or

Monday and Wednesday 9:50-10:20 am

\$20 Residents \$25 Non-Resident

This class is taught by Kay Bodge.





Health & Safety



Anna's Wellness Column

You women need to talk. Love to talk. Gotta talk. Talk, talk, talk, talk, talk. How come we never get to talk? Don't even try it fellas. I tried it the other day. I walked into the room and I said, Honey, we need to talk. My wife looked up and said Oh no, we don't. I said Okay, I'll get the car then. I looked all around the floor for my spine, but I couldn't find it.

There ain't a man alive that can get away with that answer. If my wife says We need to talk and my answer was Oh no, we don't, she would say Oh yes we do and I would reply Alright. I just want to win one argument with my wife before I die. Just one. I know that I never will. But it would be cool to win one. They could just put that on my headstone, He won one. That was it.

An excerpt from Comedian Henry Cho's 2006 Comedy Central Special What's that Clickin Noise? where he comments on the mysteries of marriage and children

In my column in the July/August 2006 newsletter, I commented on the difficulties of spending a lot of time together with your mate, especially in your retirement years. My column was written in a somewhat humorous manner, although I know that it is a real mental health concern for some couples. I geared the column towards women, although the issue affects both genders. Here are some of the responses I received:

Find out if your man is interested in anything that he could turn into a hobby (e.g., biking, remote control toys, family history, etc.).

Volunteer opportunities can be a godsend for getting your mate out of the house and off of your nerves (e.g. theater groups ushering, ticket window, writing flyers, ecology groups cleaning up or marking trails, senior patrol, working at the VA hospital listening to patients, writing letters for them, passing out reading material).

Men, I do recognize the fact that we (women) do love to talk. However, I plan to comment on the difficulties that men may face in a future column. Here's your opportunity to be heard and you don't have to wait until it's printed on your headstone. :-)

Fitness Center

The Fitness Center is staffed with certified fitness trainers.

Membership and equipment orientation is required to use the fitness center. Free orientations Monday through Friday at 12:00 Noon.

- Sept. Membership
\$10 Residents
\$20 Non-residents
- Oct., Nov., Dec. Membership:
\$25 Residents
\$50 Non-residents

For Fitness Center hours see page 12.

Aligned & Pain Free Posture Workshop

Friday, Sept. 15th 9:30 am

This class will teach you techniques to develop better posture, lengthen tense muscles and improve flexibility. This class will focus on floor exercises, dress appropriately. This class size is limited, advance registration is required.

Alternative Medicine:

An approach to Health & Wellness

Monday, Sept. 25th 10:00 am

Have you ever sipped chamomile tea to calm an upset stomach or a vitamin C pill when you felt a cold coming on? If so, then you've had some experience with alternative medicine. Many patients and health care providers use alternative medicine treatments together with traditional therapies. Attend this informative presentation and learn more about alternative medicine. Facilitated by a local Scripps Health Care professional and supported by a grant from Scripps Health.

Refreshments will be served.



Daily Events



| Group | Day | Time | Group | Day | Time |
|-----------------------------------|----------|----------|---------------------|-------------|----------|
| Art-Acrylics | T | 10:00am | Exercise | M Th | 8:00 am |
| Art-Drawing | T | 10:00am | Exercise | Tu | 9:00 am |
| Art-Watercolors | M | 9:00 am | (Longevity Stick) | | |
| Bereavement | Th | 1:00 pm | Exercise | Sa (Marina) | 8:00 am |
| (San Diego Hospice) | | | (Longevity Stick) | | |
| Blood Pressure | F | 8:00 am | Exercise | W | 6:00 pm |
| (Red Cross) | | | (Strength Training) | | |
| Bridge-Party | Su | 1:00 pm | Exercise | W | 9:00 am |
| Bridge-Party | W, F | 6:45 pm | (Tai Chi**) | | |
| Bridge-Chicago | M, Tu, F | 12:30 pm | Quilting | Tu | 1:30 pm |
| Bridge-Duplicate | M | 6:00 pm | Scrabble | M, W, F | 12:30 pm |
| Bridge-Duplicate | W | 12:30 pm | Shuffleboard | Tu & Th | 9:00 am |
| Bridge-FarnumDup | M | 6:00 pm | Singing Seniors | Tu | 1:30 pm |
| Canasta | Su | 1:00 pm | Spanish | W, F | 9:45 am |
| Casual Crafters | W | 9:30 am | Spanish, Conv. | M,W,F | 10:00 am |
| Computer Class | M,T,W,TH | 9:00 am | TOPS | F | 12:00 pm |
| Computer Class | M | 1:00 pm | Ukulele Class | T | 10:00 am |
| Computer Club | W | 7:00 pm | (Merry Ukes) | | |
| Computer Lab | W | 12:00 pm | World Affairs | M | 10:00 am |
| Computer Lab | F | 10-12 pm | Yoga (Chair) | W | 7:15 pm |
| Computer Lab | F | 1:00 pm | Yoga | Th* | 5:00 pm |
| Creative Writers | Tu | 2:00 pm | Yoga | Th* | 7:15 pm |
| Dance-Ballroom | M | 1:00 pm | Yoga | F | 8:00 am |
| Dance-Line/Adv. | Tu | 10:00 am | | | |
| Dance-Line/Beg. | Tu | 11:00 am | | | |
| Dance (Tues. Night) | T | 6:30 pm | | | |
| Dance Square | F | 7:00 pm | | | |
| (Calico Twirlers) | | | | | |
| Exercise | M, W | 9am-10am | | | |
| (Walking Towards Fitness Program) | | | | | |

* No class the first Thurs of Sept. & Oct. \$25 session

• *Tai Chi-\$2.00 donation request per class

Line Dance Tue \$3/\$3.75 resident/non resident

Night Dance Tue \$3 for all

Square Dance Fri \$5 for all

Strength Tr. Wed \$1/\$1.25

Ballroom Dance Mon \$2/\$2.50

• Yoga-pm Thu \$25 for fall session

Classes Requiring Pre-registration

| Name | Date | Day | Time | *Cost | Call to Register |
|----------------------------|---------------------------------------|-------|----------|---------|------------------|
| AARP Driver Safety Program | Sept. 15th & 20th Oct. 18th & 20th | W & F | 12:30 pm | \$10.00 | (619)641-7020 |


Computer Classes bring 2 checks and register with staff in the office between the hours of 8:30 and 4pm

September

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Sat. |
|-------------------|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| | | | | | 1 10:00 Travel Group Mtg. Rm 9 1:00 Video Rm 9 | 2 |
| 3 Open 1-5 pm | 4 CLOSED | 5 | 6 1:00 Classic Film Series Rm 11 | 7 11:00 Newcomers Conf Rm 12:00 Potluck Cornell 12:30 General Mtg Hall 7:00 Antiques/Collectables 7:00 Coin Club Rm 9,10 7:00 SOBAR'S Rm 11 | 8 11:00 American/Korean Group Rm 9, 10 7:30 Rockn' To the Oldies | 9 10:30 Lawyer in Blue Jeans @ Civic Library Life Options. |
| 10 Open 1-5 pm | 11 12:00 Men's Group Lunch Rm 11 1:00 Ballroom Dance Resumes | 12 11:30 Life Options Volunteer Mtg. 3:00 Talent Show Fireplace | 13 12:00 Club Amistad Rm 9,10,11 1:15 Out 2 Lunch Bunch 3:00 Commission on Aging Conf. Rm | 14 12:00 Hobo Soup Luncheon Rm 9-11 | 15 9:30 Aligned and Pain Free - Posture Workshop 12:30 AARP Driver Safety Program Rm 10 | 16 |
| 17 Open 1-5 pm | 18 7:30 pm Bahia Sur Kennel Club | 19 12:30 La Ronda Rm 10, 11 1:30 Sing- a -Long Fireplace | 20 12:30 AARP Driver Safety Program Rm 10 | 21 8:30 Vision Impaired Conf.Rm 11:45 Garden Club Rm 9-11 1:00 Mary's Bridge Rm 6 | 22 9:30 Sr. Club Board Mtg. Conf. Rm 11:45 Duplicate Bridge 12:00 Club Amistad Board Meeting Rm 9 7:30 Rockn' To the Oldies | 23 |
| 24 | 25 10:00 Alternative Medicine Talk Rm 11 | 26 2:00 Investment Group Rm 10 6:30 Flexible Volunteer Program-Life Options | 27 9:00 Marina Walking 12-4:00 Bonita Artist Potpourri Rm 9 - 11 | 28 12:00 Billiards Tournament 1:00 Fashion Show Cornell Hall | 29 | 30 |



October

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Sat. |
|---------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| 1 | 2 | 3 | 4 9:00 Marina Walking 1:00 Classic Film Series Rm 11 | 5 11:00 Newcomers Conf Rm 12:00 Potluck Cornell 12:30 General Mtg Hall 7:00 Antiques & Collectibles 7:00 Coin Club Rm. 9-10 7:00 SOBAR's Rm. 11 | 6 1:00 Video Rm 9 | 7 |
| 8 Open 1-5 pm | 9 9:00 Marina Walking 12:00 Men's Group Rm 11 | 10 3:00 Talent Show | 11 9:00 Marina Walking 12:00 Club Amistad 1:00 Out to Lunch Bunch 3:00 Commission On Aging | 12 11-11 Rohr Park Picnic | 13 11:00 American/Korean Group Rm 9,10 7:30 Rockn' to the Oldies | 14 |
| 15 Open 1-5 pm | 16 9:00 Marina Walking 7:30 pm Bahia Sur Kennel Club | 17 12:30 La Ronda 1:30 Sing-a-Long Fireplace | 18 9:00 Marina Walking 12:30 AARP Drivers Safety Program Rm 10 | 19 8:30 Vision Impaired Group Conf. Rm. 11:45 Garden Club Rm 9-11 1:00 Mary's Bridge Rm 6 | 20 12:30 AARP Drivers Safety Program Rm 10 | 21 10:30 Acting Workshop 2 Civic Library Life Options. |
| 22 Open 1-5 pm | 23 9:00 Marina Walking | 24 10 am - 10 pm Macy's Fundraiser 2:00 Investment Group Rm 10 6:30 Flexible Volunteer Program-Life Options | 25 9:00 Marina Walking 12:00 Bonita Artist Potpourri Rm 9-11 | 26 12:00 Billiards Tournament Game room 1:30 Haunted Halloween Birthday Party Cornell Hall | 27 8:30-12:00 Flu Shots Rm 6-8 9:30 Sr. Club Board 11:45 Duplicate Bridge 12:00 Club Amistad Board Mtg. Rm 9 7:30 Rockn' to the Oldies | 28 |
| 29 Open 1-5 pm 2:00 United Nations Day Cornell Hall | 30 9:00 Marina Walking 10:00 Presentation on Depression Rm 11 | 31 Happy Halloween!  | | | | Page 7 |



Around Town Classes

Villa Serena

1231 Medical Ctr Dr. 934-8001

Call Villa Serena for new class times!

Cooking/Nutrition

Tuesday 11:00 am

English as a Second Language

M 1:00 pm

Exercise Class

M W F 10:30 am

Breast Health Education

(2nd Wed.)

Sept. 13, Oct. 11 11-1 pm

Salt Creek Rec. Center

2710 Otay Lakes Rd. 585-5739

Table Tennis Sept. 27th - Dec 6th

Fee: \$32 Resident/\$40 Non-resident

Wed 1:30 pm - 3:00 pm

Heritage Comm. Ctr.

1381 E. Palomar St. 421-7032

Clay Class \$45 10 weeks

Th 6:30-7:30 pm

Aerobics

Tu / Th 9-9:50 am or \$5 drop in

Sept 26 - Nov. 16 \$30

Knit/Crochet Class

Fri 4-5pm \$45

Sept. 29-Dec. 15

San Diego Sr. Games

Sept 8th 24th

www.sdseniorgames.com

Veterans Park

Recreation Center

785 E. Palomar 691-5260

Line Dancing, Chair Exercise, and Art classes offered. Call center for days and fees

Feeling Fit Exercise: Strength, Balance & Flexibility

Tues./Thurs., Beginning Oct. 10th

2:00 pm 2:30 pm Free

Halloween Crafts & Cookies

Mon., Oct. 30th 10:00 am

BEWARE!!! And be BRAVE!! Come out and have a ghoulish time making BOOtiful crafts and MONSTERLY delicious treats.

Grandchildren Welcome!

Otay Recreation Ctr.

3554 Main Street 476-4325

Health Fair

Sept. 13th 9 am -12 pm

Supported by a grant from

Scripps Health

Flu Shots

November 17th 9 am - 12 pm

Administered by Scripps Mercy

Hospital Chula Vista. Fee: \$5

Southwestern College

Continuing Education

Class held at: Veterans Home 700

E. Naples (619)482-6376

Tai Chi (No Fee) Sat. 9am-Noon

Parkway Pool

385 Park Way 691-5088

Lap Swim

M F 6 to 8 am, 11 to 1 pm

\$2.00 per visit

\$18.00 Punch Pass for 10 visits

\$40.00 Quarterly Pass

Adult Swim Lessons

(2 week lessons)

M-F 6:45-7:45 \$35.00

Loma Verde Pool

1420 Loma Ln. 691-5081

Call for fees

Aquacise

M W F 7:00 - 8:00 pm

Lap Swim

Mon Fri 6:00 - 8:00 am

11:00 - 1:00 pm

Water Aerobics

M W F 11:00 - 12:00 pm Waterwalking

12:00 - 1:00 pm & 7:00 - 8:00 pm

Adult Lessons available

upon request.

Chula Vista Adult School

1034 4th Ave. 691-5760

Culinary Arts Class

Begins Sept. 16

Tu, W, Th, Mornings

Register today!

Special Notice

5th Annual Intergenerational Games Day

U.S. Olympic Training Center

Wednesday, Nov. 15th

9:30 am-1:00 pm

Join us for a day of fun with local 3rd graders. Help us promote healthy active lifestyles with children by participating in fun, non-competitive physical and nutritional activities. Each adult participant is paired with a 3rd grader for the event. Participants must be able to be in the sun for this event. Turn in your registration form at the Norman Park Office. Space is limited, so register NOW!

Volunteer/Job/Stipend Opportunities

Life Options: Everyone is a Winner!

Have you recently retired or about to retire and want to become civically engaged? Have you always wanted to volunteer but were unsure of where to begin? Perhaps you aren't sure what skills you have to offer. Come speak with a Life Options Representative, we can help you discover your potential. We can provide information regarding opportunities that fit into almost any type of schedule and or ability. There is an organization out there that needs you! We also have resources for recreational, educational, health and fitness programs offered in the South Bay.

Senior Mentor Volunteer Stipend Opportunity

Senior Mentors who speak English and/or Bi-lingual Spanish are needed to work with the Child Development Specialist at South Bay Community Services. Qualified volunteer will mentor families, assist with parenting classes and parent-child playgroups, as well as, read to children and help families access the library. Applicants must be able to volunteer 8-15 hours a week and possess the qualities of reliability, confidence, empathy, respect for others and effective communication skills. A \$270/month stipend is available for 15 hours a week of volunteer service. The stipend is \$320/month for bilingual Spanish speakers.

For more information contact the Life Options Annex at: 619-691-9774 or visit our website at www.lifeoptionsouthbay.com.

Computer Corner

SeniorNet Computer Classes

SeniorNet Membership: \$40/yr (required by check)
Class Registration: (all 4 week classes)
\$20 (residents) \$25 (non-resident)

Beginning Computer Classes

| | |
|---------------------------------|----------------|
| Wednesday, Sep. 6,13,20,27 | 9:00 am - Noon |
| Thursday, Sep. 21,28 Oct. 5, 12 | 9:00 am - Noon |
| Tuesday, Oct. 10, 17, 24, 31 | 9:00am - Noon |

Digital Photos and Stuff:

| | |
|----------------------------|----------|
| Thursdays, Sep. 7,14,21,28 | 1 - 4 pm |
|----------------------------|----------|

Word Processing:

| | |
|---------------------------|----------|
| Tuesdays, Sep. 5,12,19,26 | 1 - 4 pm |
|---------------------------|----------|

Quicken

| | |
|--------------------------------|--------|
| Mondays, Sep. 11,18,25, Oct. 2 | 9-Noon |
|--------------------------------|--------|

Card Class private instruction: Instruction is available by appointment. Register at the Office.

Fee per appointment : \$10.00 Residents, \$12.50 Non-Resident. Plus SeniorNet fee.

Write Your Life Story Class

Class Fee: \$30 ; \$20 to SeniorNet, \$10 to City of Chula Vista
Prerequisites: Students must be able to type and navigate the internet.

****SrNet Membership NOT required.**

Monday, Oct. 9,16,23,30 1:00 - 4:00 pm

Write your life story through structured sessions using the LifeBio internet service. Instructors will assist students in navigating a series of exercises and real-time history to tell the best and worst moments (only ones you are willing to discuss) of your life.

Challenge Test

Do you feel you know enough about computers to be able to test out of the beginning classes? If so, pick up a challenge test at The Norman Park office and go to the SeniorNet lab on one of the times listed below and take the challenge test.

Lab Hours

Wednesday 12 - 2 pm

Friday 10 - 12 pm & 1 - 3 pm except on 3rd Fri.

SeniorNet members may use the lab during hours listed.





Club News



Chula Vista Senior Citizens Club

Potluck & General Meeting

Thursday, Sept. 7th 12:00 pm

Thursday, Oct. 5th 12:00 pm

Please bring a potluck dish to share with 6 to 8 people. Afterwards, stay and participate in the Club General Meeting. September's meeting will feature a fresh & zesty Taco Bar and tostadas for you to enjoy!

Newcomer Orientation

Thurs, Sept. 7th 11:00 am

Thurs, Oct. 5th 11:00 am

Our Hospitality Committee will welcome new members, and answer questions about our programs.

Oxford Senior Citizens Club

Boys & Girls Club/Lauderbach Ctr

333 Oxford St. Chula Vista

407-4774

Board Meeting - Sept. 1st

Bingo Sept. 8th

Potluck - Sept. 15th

Birthday Party - Sept. 22nd

Movies

Friday, Sept. 1st 1:00 pm

A 2006 film that tells the story of a young girl who has a talent for spelling, which leads her all the way to the National Spelling Bee, despite objections from her mother. This is not a story of a spelling prodigy; it's the story of a little girl discovering her talents and tapping into strengths she never knew she had.

Popcorn will be provided.

Halloween Birthday Party

Thursday, October 26th 1:00 pm

Cake and Ice Cream will be served, Sept. and Oct. birthday folks are free, all others pay \$1.00



Tuesday Night Dance

Tuesdays 6:30 pm

Join this great group every Tuesday Night in Sept. and Oct., for music and dancing!

\$3 at the door

Sept. 5th - Back-to-School Days

Sept. 12th - Johnny Cash Day

Sept. 19th - Mystery Day

Sept. 26th - Formal Night

Oct. 3rd - Autumn Leaves

Oct. 10th - Columbus Day

Oct 17th - St. Ignatius of Antioch

Oct. 24th - Matchless Day

Oct. 31st - Formal Night

Volunteer Spotlight!

Ernie O Campo

Ernie is a native of Orange County. He entered the United States Army after graduating from High School and served his country from 1961-1964 as a combat engineer-Demolition Specialist. He has two daughters, and five grandchildren-two boys and three girls.

Ernie worked in the aerospace industry at the Boeing Company from 1965-2000. Once he retired in 2000, he moved to Chula Vista. In early 2002 Ernie joined Norman Park Senior Club and enrolled in SeniorNet Computer Classes. His accomplishments eventually made it possible for him to become a SeniorNet Coach. He has been volunteering as a Coach ever since. He considers Norman Park to be an important part of the City. Ernie feels seniors should have a place to go to be among their peers. He thinks activities and group participation keeps your mind active and provides you with fulfilling experiences.

In Ernie's spare time he enjoys working with his computer and attending higher learning classes which are computer related. He enjoys discussing computers and technology with others and trading tech tips. Basic home repairs, electrical plumbing and woodworking are some side projects Ernie enjoys also.



Special Notices



Travel Club Meeting

Friday, September 1st 10:00 am



The Chula Vista Senior Citizens Club will have a travel meeting the 1st Friday of September. Elaine from On the Road Travel leads the meetings. Upcoming trips and events are discussed and refreshments are served.

Scheduled Trips

| | |
|----------|-------------------------------|
| Sept. 2 | Gypsy |
| Sept. 23 | Getty Villa in Malibu |
| Oct. 11 | Barrett Junction/Golden Acorn |
| Oct. 25 | Appletime in Julian |

Trips are wheelchair accessible. Please give the trip office a minimum of 3 weeks advance notice if you require a lift to go on a trip.

Trip Office Hours are: Thursdays
10:00 am - 1:00 pm

Medicare Part D Prescription Assistance

Several organizations have stepped in to assist Medicare beneficiaries with limited English skills to navigate the complex new Prescription Drug Plans.

English Speakers : 1-800-336-2722

Spanish Speakers, contact the National Alliance for Hispanic Health:
Mon Fri 8:00 am - 6:00 pm (ET) 1-866-783-2645

Asian Language speakers contact the numbers provided by NAPCA
Chinese (Cantonese & Mandarin): 1-800-582-4218
Korean: 1-800-582-4259
Vietnamese: 1-800-582-4336

Homeowners and Renters Assistance

Volunteers will assist in filling out forms. Appointments will continue through Oct. 15th. Contact our Information and Referral Office for more information and an appointment.

CRIBBAGE & TABLE TENNIS PLAYERS NEEDED!
Call the Center if you are interested
(619) 691-5086

PINOCHLE PLAYERS NEEDED!
Call Stewart Robinson
(619) 426-3937

Count the Jack-o-Lanterns Contest

Three winners will be drawn randomly

Count the Ladybugs Contest Winners!

The July/Aug. Newsletter was crawling with 35 ladybugs. Congratulations to the winners:

Kay Brewer
Josefina McQuirk
Virginia Renteria

Count the Jack-o-Lanterns

Name:

Phone:

Number of Jack-o-Lanterns:



Center Operations

Senior/ Human Services Supervisors

Recreation Supervisor III Karen Harvell
Recreation Supervisor II Kathy Wigginton

Senior/ Human Services Staff

Lorraine Abril
Michele Blemur
Jim Craig
Shani Crawley
Millie Day
Pedro Garcia
Bruce Harris
Frank Martinez
Vanessa Miranda
Danette Myers
Donna Rodriguez
Anna Solis
Christopher Taylor

Phone Numbers

Receptionist: 691-5086
Hostess Desk: 691-5023
Trip Office: 476-5356
Information & Referral 691-5087

Chula Vista Senior Citizens 2006 Officers

President: Richard Bartlett
1st Vice President: Marianne Stewart
2nd Vice President: Vera Wuestenberg
Secretary: Bonita Price
Treasurer: Rosemary Haas

Hours of Operation

270 F St. Chula Vista, Ca. (619) 691-5086

M, T, W, & F 8:00 am 10:00 pm

Thursday 8:00 am 9:30 pm

Sunday 1:00 pm-5:00 pm

Trip Office

Thursday 10:00 am 1:00 pm

Fitness Center Hours

Mon & Wed 10:30 am-1 pm

Tues, Thurs, Fri, 9:00 am - 1:00 pm

5:00 pm 7:00 pm Mon-Thurs.

9:00 am 11:00 am on Saturday

Evening and Saturday hours supported by a grant from Scripps Health.

As a recipient of federal funds, the City of Chula Vista cannot discriminate against anyone on the basis of race, color, sex, religion, national origin, age, mental or physical disability. If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination, with either the City of Chula Vista Recreation Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington D.C. 20240.



Recreation Department
Norman Park Senior Center
270 F Street
Chula Vista, CA 91910